

Great news! We are expanding our monthly blood pressure clinics. In addition to the Field Service dates, we will hold monthly clinics in the Breakout Room of Town Hall on the dates below. This is open to all employees.



FREE BLOOD PRESSURE CHECKS **Breakout Room of Town Hall**

12:00 to 1:00 p.m.

Have your blood pressure checked and complete a short health quiz 5 out of 6 months between January, 2015 and June, 2015 and receive a \$25 gift card! Only one check per month qualifies. You can also use a blood pressure check on your Passport to Health.

High blood pressure is dangerous because it makes the heart work too hard and contributes to atherosclerosis (hardening of the arteries). It increases the risk of heart disease and stroke, which are the first and third-leading causes of death among Americans. Know your numbers. Get yours checked!

2015 Town Hall Dates:

Wednesday, January 14, 2015

Wednesday, February 18, 2015 (new date)

Tuesday, March 10, 2015 (new date)

Wednesday, April 8, 2015

Wednesday, May 6, 2015

Wednesday, June 10, 2015